

# **The Health Promoting Eating Plan**

## **Information Kit**



**The great new secret revealed!**

# Health Promoting Eating Plan

---

## Introduction

This program details a health promoting eating plan and includes a daily journal so you can keep track of what's happening during the program.

Why is the Health promoting Eating Plan so great?  
*Because it's easy and it works.*

Have you ever noticed that many people treat their cars better than their bodies? They would never ignore a warning light for an oil change or regular maintenance, but they often ignore the tell-tale signs that their body is in desperate need of a tune-up.

In our grandparent's time, nobody had to consider what they ate; bread and dripping was part of the everyday fare. They had a plentiful supply of fresh food and a clean environment.

An unfortunate fact of our modern life now, is that even the healthiest body struggles with depleted soils, inferior nutrition, pollutants in the air, water, food supply and lack of healthy activity. It's no wonder that most of us don't feel like the way we really should.

**One of the greatest impacts you can have on your health is  
to improve the quality of your diet . . . .**

The health Promoting eating Plan is basically a Low Carb – High Protein eating plan, but it is not extreme.

There are 3 basic guidelines:

- ✓ **Reduce all grains**
- ✓ **Cut out all sugars**
- ✓ **Increase protein**

You are not restricted as to how much you eat, as long as you choose from the allowed foods and follow the suggested menus to achieve a balanced choice of foods.

- All fresh fruit and vegetable are allowed.
- All lean (un-processed) meats are allowed.
- All full fat, unsweetened dairy products are allowed (in moderation)

Eat protein at least 3-5 times a day. (eggs, tuna, lean meat, nuts & seeds, legumes, protein shakes) This will prevent sugar cravings and encourage fat burning – not like carbs which encourage fat storing!

# Health Promoting Eating Plan

---

We don't encourage LOW FAT products – full fat is fine as long as they are not consumed in excess. eg. Butter is better than margarine. (see 'Pass the Butter' article) Try to avoid special 'lite' or 'diet' products as these are often high in sugars (carbs) or chemical based sweeteners which are bad for liver function – always check the labels.

Fats in raw nuts and avocados are good. Use Olive Oil or Grapeseed oil in preference to other vegetable oils. Obviously a sensible balance of fresh food and fibre is still required.

Utilise recommended whey protein and glycaemia balancing supplements to assist your diet.

As your diet progresses, your consultant will work with you to identify whether there are other contributing factors which may inhibit your weight loss like Syndrome X or a sluggish liver.

Each week we review your progress and assess your diet to see if we need to customise it more.

***My role is to support you and to help you develop a healthy and successful eating plan that you will enjoy and be able to stick to.***

## What foods won't you find on this eating plan?

### Refined sugar is eliminated

One of the main food categories that are eliminated is refined sugars.

### Foods from the grain/cereal category are reduced or eliminated

Even thinly-sliced, local diet bread. In fact, you need to reduce rice, bran flakes, porridge, muesli, and of course pasta. Only 1 or 2 servings a day of grain and cereal products are allowed. It is quite safe to skip grain and cereal altogether if you want to eliminate them.

### Foods from the dairy category are to be taken in moderation

You can safely reduce dairy products. There is nothing magic about them. Don't forget, some perfectly healthy people rarely, if ever, drink milk or eat cheese, because of allergies, or in some cases, because of a simple dislike. Only 1 or 2 servings a day are allowed.

# Weight Myth Exposed

---

Despite your best efforts, you are gaining weight – your diet is just not working!

*So why is this happening?* The answer lies in the intricate four Links between hormonal balance and body fat.

## **Link 1.        Insulin and Body Fat**

Most of us eat the conventional 'low fat', high carbohydrate diet, with lots of processed foods (pasta, breads, alcohol, wine etc). This type of dietary intake, overtime commonly creates a condition known as insulin resistance. This means, your body converts calories into fat at a faster rate – even if you're restricting calorie intake. Insulin resistance won't let you burn fat when you exercise!

## **Link 2.        Stress and Body Fat**

Hormones produced during stress block weight loss. The body interprets prolonged stress as famine and thinks it should store every spare calorie as fat. Most women are under tremendous amounts of stress – which leads to adrenal fatigue and stubborn weight gain.

The above two links work together. Many of us combine high-stress life with a low-fat, high-carb diet, creating a powerful hormonal imbalance that sets you up for weight gain. Yo yo dieting will only exacerbates weight loss as it stresses the body and damages your metabolism.

## **Link 3.        Estrogen Imbalance**

All men and women alike are exposed to estrogen chemicals on a daily basis. Known as xenoestrogens, they are capable of mimicking estrogen activity in the body. Xenoestrogens are not the only reason for excess estrogen, obesity, ageing, birth control pills, HRT, hormones in meat and dairy, and a poor diet are also major contributors.

## **Link 4.        Cravings created by high-carb low fat diets**

Because our bodies cannot readily maintain optimal blood sugar and serotonin levels, you are compelled to have snacks and caffeine to make yourself feel better. But they only exacerbate your insulin resistance and adrenal exhaustion – another vicious circle – while adding body fat.

## **Summary**

By thinking that weight maintenance is as simple as eat less, exercise more, you can actually starve your body of the essential nutrients needed to maintain good health, thus signalling to your body to put on weight. (store fat)

So sheer will power may not be the solution, in fact it might be very much the part of the problem!

**With the information and personal support you receive, you will always be in control over your health, energy, weight and your life – *register now!***



# Registration of Interest Form

## Contact Data

Date ...../...../.....

Name ..... Age: under 20  20-35  35-45  45-55  55+

Address ..... Email .....

Phone ..... Mobile .....

How often do you check your email? Daily  Weekly  Other .....

How would you like us to contact you? Phone  Mobile  Email

What is the BEST time to contact you? B/Hrs  Evenings  Other .....

How did you hear about Coachingplus?

Referral  Internet  Flyer  Yellow Pages  Other .....

## About You

Will this be your first experience working with a professional Coach? YES  NO

What area do you want us to work together on?

My Business  My Career  My Leadership /Performance

My Life  Other .....

Any comments? .....

.....

What do you want to achieve from us working together? .....

.....

.....

What's the single biggest change you would like to make in your life right now?

.....

.....

What would it be worth to you to make that change?

.....

.....

Let the journey begin . . .

Fax, email or post this registration form to:

ABN: 30 624 709 489

Tel: 03 5500 5262

Coachingplus, PO Box 1429

Warrnambool 3280

[info@coachingplus.com.au](mailto:info@coachingplus.com.au)

Fax: 03 5561 7443